

aquum
health spa

price list

As you step into Aquum Health Spa, you enter a world of wellbeing and fitness. Venture on a journey of relaxation, pampering, and tranquility by treating yourself to a rejuvenating body treatment or holistic therapy, and discover the essence of true beauty and inner harmony.

In ensuring the deliverance of excellence, Aquum Health Spa has partnered with the award-winning BABOR skincare product range. Supported by the best of nature and the latest innovations sustainably developed for highly effective skincare solutions that set scientific standards.

BABOR products and thus Aquum Health Spa's treatments and hydrotherapies harbor the therapeutic benefits of natural active ingredients in keeping with our philosophy, which is focused on unfailing quality, BABOR has been unlocking the secrets of the finest natural active ingredients for over 60 years, thereafter utilising them in the creation of the most luxurious facial and body treatments.

During your visit, our team of qualified therapists will be at your disposal, to create and offer you a unique and luxurious spa experience. Immerse yourself in BABOR spa moments to feel deep rooted wellness experiences and skin softness, allowing deep relaxation which in turn will strengthen your health system and your body resistance. MORE selfcare, MORE effect, MORE indulgence.

Fitness enjoy exercising in our well-equipped gym with innovate Technogym equipment or enjoy a group session in our Aerobic Studio that offers various classes. For those who wish more personal experience book a personal session with one of our expert fitness instructors.



facial treatments

mini facial

25 minutes €49.00

A quick refreshing treatment designed to give your skin an instant boost for those who are short of time. It is the perfect add-on to body treatments or massages.

facial massage workout VEGAN

25 minutes €49.00

This full face lifting touch massage developed by Babor using hands only, stimulates the skin circulation and enhances natural collagen production. Focuses on connective tissue and facial muscles, lifts, firms and sculpts the face and neck area.

cleanformance - healthy glow VEGAN

55 minutes €79.00

Vegan and clean for a healthy, vital glow. Especially for dehydrated, demanding skin, this facial will provide intensive moisture to the skin and will even out any irregularities for a beautiful complexion. This treatment is also Gluten and Lactose free.

pure and fresh VEGAN

55 minutes €79.00

Vegan and fresh this purifying facial rebalances oily and blemished skin. This facial reveals a purified, smooth and glowing complexion. Leaves the skin feeling fresh, clean, and revitalized.

facial a la carte deep cleansing

60 minutes €85.00

A customised, deep cleansing facial created to suit your individual skin type, which revitalises and refreshes the skin.

hyaluronic power facial

55 minutes €95.00

An intensive, hydrating treatment, this facial contains concentrated hyaluronic acid, which rehydrates and plumps up the skin, repairing and restoring its vital balance, leaving your complexion looking younger and fresher.

blue lagoon facial

55 minutes €99.00

Refreshing and hydrating, this facial uses a unique algae peel-off mask to provide an intensive supply of hydrating active ingredients that cool and energize the skin.

mimical anti-wrinkle facial

55 minutes €109.00

An instant anti-wrinkle facial treatment, this facial helps to relax micro-tensions in the skin, natural plant extracts work to provide a natural alternative to Botox. Fine lines and expression lines are visibly reduced, resulting in a fresher, younger complexion.

the advanced facial experience

age defying

hsr lifting facial VEGAN

90 minutes €129.00

The anti-wrinkle expert, our skin refiner treatment will smooth, plump and lift every type of wrinkle while firming and toning the skin. Relax and experience the Babor lifting touch massage which stimulates the skin circulation, connective tissue and facial muscles. This next generation face lift uses a dual layered mask that tones, lifts and gives an immediate firming effect. The result is a more radiant, youthful, contoured face.

doctor babor collagen boosting facial

85 minutes €139.00

Lifting, firm and youthful this age defying treatment combines peptide technology with marine collagen to intensively restructure and plump up the skin on a cellular level. A hydrating occlusive silver foil mask containing hyaluronic acid is used to increase skin absorbency and further enhance the results of this intensive facial.

men's facials

time out facial

60 minutes €85.00

The perfect deep cleansing facial designed to restore the skin's pH balance while cleansing and refreshing the skin.

energy release facial

55 minutes €95.00

The ultimate men's anti-aging treatment, this facial improves the skin's elasticity while boosting its moisture levels, leaving the skin with a fresh, well-groomed feeling.

eye treatments

eyebrow shaping €25.00

For beautifully shaped eyebrows, we will neaten and define your eyebrows to perfection.

eyebrow tinting €25.00

The application of a colour tint allows for a natural looking way to enhance your eyebrows.

eyelash tinting €25.00

Lasting up to 6 weeks, the application of a colour tint to your eyelashes will serve to enhance and define your eyes.

eye sheet mask VEGAN €15.00

Only available as an add-on treatment.

It is the perfect add-on to face or body treatments and massages.

This cooling moisturizing fleece mask enriched with active ingredients of Hyaluronic Acid, Aloe Vera and Cocoa Butter instantly moisturizes, relaxes and soothes the sensitive skin around the eyes.

Reduces fine lines and wrinkles.

body experience

babor spa moments

Earth and ocean govern our world, energy and bodies, together they create movement and synergy that influence our life, balance and health. This constant movement has allowed us to collect transformation, resilience and wellbeing moments. Immerse yourself in BABOR spa moments to feel rooted wellness experience and skin softness. BABOR spa moments include our CARING JOURNEY that stimulates the waves, making the body center of the earth for grounding effect, allowing deep relaxation which in turn will strengthen our health system and our body resistance. More self-care, More effect, More indulgence...

body wraps

shaping cream wrap VEGAN

40minutes €65.00

A warm localized treatment wrap that increases circulation and metabolic activity on problem zones, with Caffeine and Glaucine extracts that stimulate lipolysis and counteract formation of new fat cells. Firms and contours the skin.

in shape cellulite wrap VEGAN

55 minutes €109.00

A treatment designed to help reduce fat deposits, firm connective tissues and improve the appearance of cellulite, your therapy begins with an enzyme and mineral sea salt peeling to polish your skin, followed by a wrap saturated in a highly effective concentrate of natural active ingredients: caffeine, guarana, and green algae all combine to activate fat breakdown.

While you relax experience an anti-stress scalp massage to help you disconnect from the outside world and enjoy a moment of mindfulness. The skin will be left looking firmer and smoother, with less visible cellulite.

aquum algae cream wrap VEGAN

70 minutes €95.00

An invigorating and moisturising algae wrap, this treatment begins with a maritime salt full body peeling, followed by a moisturising, detoxifying algae envelopment, which provides hydration and encourages toning. While you relax experience an anti-stress scalp massage to help you disconnect from the outside world and enjoy a moment of mindfulness.

body exfoliating treatments

babor spa earth softening peeling VEGAN 30 minutes €55.00

A smooth cream peeling treatment with natural poppy seeds and stimulating body brushing. For the perfect finish, warm natural oil is massaged into the body, leaving it feeling beautifully soft. It is the perfect add-on to body treatments and massages.

aquum aromatic salt glow peeling VEGAN 40 minutes €59.00

An intensive peeling with mineral-rich sea salt and natural oils, that stimulates the detoxification process and leave skin silky smooth. For the perfect finish, the skin is nourished with energizing refreshing body cream.

hydrotherapy baths

aromatic oil milk bath

25 minutes €45.00

Relaxing therapeutic bath with natural plants oils and rich milky proteins, this moisturizing bath aids the creation of beautiful silky soft skin.

mediterranean bath VEGAN

25 minutes €49.00

Vitalizing salt water bath with rich, mineralized sea salt and natural plant oil that energize the body and replenish the skin.

aquum ocean algae detoxifying bath VEGAN

25 minutes €49.00

Detoxify your body, flushing out the impurities from your skin, stimulating your circulation, and increasing your skin's oxygen supply, a therapeutic bath with natural sea salt and blue - green algae.

luxury body spa experiences & rituals

embark on a journey to take you back to the core of who you are.

the earth experience VEGAN

110 minutes €169.00

Allow yourself to be grounded- full body and face pampering time. This indulgent journey begins with a stimulating body polish fortified with poppy seeds, rich in antioxidants and essential nutrients. An invigorating skin brushing follows to promote circulation, encourage lymphatic flow, and prepare the skin for the application of a decadent firming cream wrap from shoulder to toe enriched with natural poppy seed oil and firming Glaucine from yellow poppies. While you relax your facial skin is treated to a Healthy, Vital Glow with Dr. Babor Cleanformance, for a beautiful complexion followed by an anti-stress scalp massage to help you disconnect from the outside world and enjoy a moment of mindfulness.

the ocean experience VEGAN

110 minutes €169.00

Experience ocean freshness full body pampering time with energizing extracts from red algae. Inspired by the natural currents of the ocean, this aromatic, energizing and grounding body treatment stimulates the body for the ultimate sensation of total body wellness. A unique oil to foam natural enzyme exfoliation is applied from shoulder to toe to instantly smooth and perfect the skin. An invigorating brushing encourages circulation, lymphatic flow and prepares the skin to drink in the benefits of the cocooning cream wrap to follow. While you relax your facial skin is treated to a Healthy, Vital Glow with Dr. Babor Cleanformance, for a beautiful complexion followed by an anti-stress scalp massage to help you disconnect from the outside world and enjoy a moment of mindfulness.

aquum health spa signature ritual VEGAN

120 minutes €189.00

A top-to-toe luxurious treatment, this signature therapy is the ultimate indulgence. Your experience begins with an exfoliating full body re-mineralising salt glow, followed by an Aquum hydro-bath. Then, relax with a unique wave full body massage using aromatic oils. Finally, the face is treated with a supply of multiple algae concentrates and a nourishing intensive mask, which re-hydrate the deeper layers of the skin.

The Aquum Health Spa Signature Ritual is an experience not to be missed.



massage and holistic therapies

anti-stress back massage

25 minutes €45.00

Take relaxation one step further by taking time to unwind and release any tension from within.

foot massage

25 minutes €45.00

A tailor-made foot and lower leg massage, this treatment helps to relax and soothe tired, aching feet.

hot stone back massage

25 minutes €49.00

Warm volcanic stones transfer energy and warmth to the body, releasing stress and tension from the back to bring about tranquility and a more balanced flow of energy.

localised sports massage

25 minutes €55.00

A specially devised treatment for soft tissue or sports-related injury, special massage techniques alleviate both pain and stiffness.

cellulite massage

25 minutes €55.00

Unique massage techniques invigorate the lymphatic pathways to improve circulation and lymph flow, thus promoting the detoxification process.

back, shoulders, neck and head massage 45 minutes €65.00

This nurturing treatment for the back, shoulders, neck and head has been created to help you drift into a meditative state of relaxation.

aromatic full body massage 55 minutes €70.00

Enjoy your massage with nourishing natural plant oils, that leave your body feeling soft and supple, choose the aroma that suits you best, between grounding earth notes or revitalizing energizing notes.

full body massage 55 minutes €75.00

Designed to relax and soothe away any feelings of stress, tension and tiredness.

maternity massage 55 minutes €75.00

Indulge in a little mum-to-be time with this dedicated maternity massage, which utilises tailored techniques and products to safely care for your needs.

beauty for hands

Gel Removal	€15.00
Shape and Polish Hands	€35.00
Luxury Manicure Treatment	€45.00
French Manicure	€50.00
Men's Manicure	€40.00
Gel Manicure with Treatment	€60.00

beauty for feet

Gel Removal	€15.00
Shape and Polish Feet	€40.00
Luxury Pedicure Treatment	€55.00
Men's Pedicure	€55.00
Gel Pedicure with treatment	€65.00

hair | free beauty

Upper Lip or Chin	€15.00
Under Arms	€20.00
Bikini Line	€20.00
Half Legs	€30.00
Whole Arms	€35.00
Full Bikini	€35.00
Whole Legs	€45.00
Back	€45.00

make-up

essential beauty

€79.00

Let our experts help bring out your natural beauty, with day make-up created perfectly just for you, along with handy tips and advice.

wedding, evening and gala make-up

€199.00

Minimise your stress before an important occasion by letting our experts enhance your natural features, ensuring your make-up is perfect for your special day. Including a trial make-up session before your special day.

aquum spa packages

travel recovery anti-stress day VEGAN 1 day 105 minutes €135.00

Leave jet lag and stress behind and enjoy this relaxing day.
The perfect start to your holiday.

- Sauna, Steam, Three-Column Stimulating Shower
- Mediterranean Bath
- Back, shoulders, neck and head massage
- Foot Massage

time for him 1 day 115 minutes €165.00

Take time out for yourself, and indulge in the ultimate spa experience aimed at re-energizing and rejuvenating, this selection of treatments is specially designed for men.

- Sauna, Steam, Three-Column Stimulating Shower
- Energy Release Facial
- Anti-Stress Back Massage
- Mediterranean Bath

time for her – bridal package 1 day 175 minutes €219.00

A beautiful combination of treatments created to prepare you for your special day.

- Sauna, Steam, Three-Column Stimulating Shower
- Babor Spa Earth Softening Peeling
- Aromatic Full Body Massage
- Hyaluronic Power Facial
- Aromatic Oil Milk Bath

time together for two

1 day 90 minutes €199.00

Get away and enjoy precious time with your loved one, relaxing and enjoying being pampered in our specially designed couple's room, with two therapists carrying out the treatments simultaneously.

- Sauna, Steam, Three-Column Stimulating Shower
- Aromatic Massage in Couple's Room
- Mini Facial in Couple's Room

anti-cellulite

detoxifying slimming package VEGAN 3 days 270 minutes €389.00

Make the most of your vacation, and take the opportunity to enhance your body's contours. Let us remove any dry, flaky skin, and stimulate your circulation and metabolism by using active ingredients, which help to detox your system and banish cellulite, resulting in an overall slimming effect.

day 1

- Steam, Sauna, Three-Column Stimulating Shower
- Aquum Ocean Algae Detoxifying Bath
- Aquum Algae Cream Wrap

day 2

- Steam, Sauna, Three-Column Stimulating Shower
- Mediterranean Bath
- In Shape Cellulite Wrap

day 3

- Steam, Sauna, Three-Column Stimulating Shower
- Shaping Cream Wrap
- Cellulite Massage



gym

Our gym is equipped with the free weights and Technogym weight machines, along with a full range of Technogym cardiovascular equipment. The gym is open 12 hours a day for hotel guests and members, allowing you to enjoy your workout.

aerobic studio

In our Aerobic studio we offer a range of group classes and individual workout programs.

personal training

Our personal trainer can give you the tools and support that you need to reach your personal health and fitness goal.
Is available only when pre-booked 24 hours.

private fitness classes

Personal Trainer	60 minutes	€50.00 pp
Swimming Lesson	45 minutes	€50.00 pp
Yoga Lesson	60 minutes	€50.00 pp
Pilates Lesson	60 minutes	€50.00 pp
Tennis Lesson	60 minutes	€50.00 pp
Tennis Lesson two persons	60 minutes	€70.00

general information

operating hours

Aquum Health Club: Monday to Sunday 08:00-20:00.

Aquum Health Spa: First treatment: 09:30 | Last treatment: completed by 19:30.

For appointments please contact us on +357 2555 9999 or +357 2555 9833 (extension 7) or e-mail us at spa@medbeach.com

pre-bookings

Pre-bookings are highly recommended to ensure that your preferred time and treatment is available.

when to arrive

Guests are advised to arrive 15 minutes before the time of their treatment so as to enjoy the spa facilities. If guests are late, the time may be deducted from the length of the scheduled treatment without refund.

upon arrival

You will be requested to complete a medical evaluation form before your first treatment.

what to wear

You will be given a locker in the dressing room, along with a luxurious robe and slippers for use while visiting our spa. For some treatments you will be provided with disposable undergarments. If your treatment involves water therapy, you will be required to wear a swimsuit, or a disposable undergarment. This has to be worn at all times during your treatment.

A bathrobe or towel should be worn in all common areas.

gift vouchers

Gift vouchers are available. Please contact the spa reception for more information.

cancellation policy

If you wish to re-schedule or cancel your appointment, please notify us at least 24 hours in advance. 50% of the treatment price will be charged for cancellations within 4 hours. No-shows will be charged at full price.

gratuities

Gratuities are not included in any Aquum Health Spa treatment price, and are therefore left to your discretion.

children

Aquam Health Spa welcomes guests aged 18 years and older.

health and hygiene

Food and drinks are not allowed in the spa. We kindly ask you to take a shower before your spa treatment.

the aquam health spa is a non-smoking area.

soft voices and relaxed minds

Silence, like all things in our spa, is golden. Please respect the tranquil environment of our sanctuary and refrain from using cellphones in the spa.

The Spa cannot accept any responsibility for loss of any personal belongings. The management keeps right to make any changes without any prior notice.

facilities

- Four dry treatment rooms
- Manicure/pedicure room
- Hydro-bath room
- Aemotio wet table treatment room
- Three-column pressure shower
- Steam
- Sauna
- Jacuzzi
- Indoor swimming pool
- Fitness club
- Aerobics studio
- Secluded outdoor tennis court
- Relaxation room to rest between treatments
- Separate men's and women's changing facilities with private lockers and showers
- Lounge area

location

Lower ground floor (level 1) next to the indoor swimming pool.

gym rules

- The gym is open daily between 08:00-20:00 hrs.
- An exercise towel must always be used so please obtain this from the Spa Reception.
- Gym Facilities are for the exclusive usage of all members and in house guests that are above the age of 16.
- Suitable training shoes and uniform must be worn at all times.
- Do not enter the gym or use the equipment in wet clothes.
- Equipment must be wiped clean before you move to the next work station.
- Please return all gym equipment to its original place after use.
- Equipment must be used as per the safety precautions per training to the exercise equipment. If in doubt, please consult with our spa reception staff.
- Maximum time use for each equipment is 30 minutes.
- Smoking, eating and drinking (other than water and isotonic drinks) is prohibited.
- The Hotel will not accept responsibility or liability for accidents caused in the gym. Always ask for assistance.
- We endeavor to create a safe environment but no responsibility is accepted or we will not be liable in the event of accidents, and loss or damage of any personal property.
- While reasonable safety precautions have been taken in relation to the use of the gym, please note that you use the facilities equipment at your own risk.



MEDBEACH

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